

SPORTS PSYCHOLOGY SERVICES

David Yukelson, Ph.D. Director of Sport Psychology Services
Morgan Academic Support Center for Student-Athletes

301 Bank of America Career Services Building, Penn State University
office: 865-4396 or cell: 404-1974

email: y39@psu.edu

Overview of services provided

A mental training specialist interested in performance psychology and personal excellence, “Yuke” provides counseling and support to student-athletes in the areas of mental preparation strategies and focusing skills for practice and competition, team building techniques to improve cohesion and collective confidence, stress and time management, interpersonal relationships and issues pertaining to student-athlete welfare. Being full time with the athletic department, Yuke understands the multiple demands and pressures that impacts coaches and student-athletes and is a valuable asset/sounding board to help you develop skills and strategies to get the most out of your intercollegiate athletic experience both on and off the athletic field of play.



Mental Skills Training

- 📍 Techniques for enhancing confidence, concentration, consistency and composure
- 📍 Strategies for controlling nervousness and pre-competition anxiety
- 📍 Strategies for overcoming frustration and stinking thinking
- 📍 Goals setting techniques to maximize performance
- 📍 Relaxation, diaphragmatic breathing, self-regulation skills
- 📍 Visualization and mental rehearsal techniques
- 📍 Mental plans and routines
- 📍 Trust and self-confidence
- 📍 Mental toughness, resiliency, managing peak performance under pressure
- 📍 Refocusing techniques to help you let go and get back into flow
- 📍 How to deal with setbacks in an emotionally constructive manner
- 📍 Team leadership and synergistic teamwork
- 📍 Communication and team dynamics
- 📍 Team mental toughness

Counseling Services

- 📍 Stress management
- 📍 Time management
- 📍 Injury Management
- 📍 Balancing multiple demands
- 📍 Transition and adjustment issues
- 📍 Interpersonal relationships
- 📍 Communication and conflict resolution skills
- 📍 Getting along with teammates
- 📍 Internalizing feedback constructively, not personally
- 📍 Multicultural diversity and inclusion
- 📍 General sounding board: keeping things in proper perspective and ‘controlling the controllables’